

# Postgraduate Diploma Emotional Intelligence in High School Education



## Postgraduate Diploma Emotional Intelligence in High School Education

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 24 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/psychology/postgraduate-diploma/postgraduate-diploma-emotional-intelligence-high-school-education](http://www.techtute.com/us/psychology/postgraduate-diploma/postgraduate-diploma-emotional-intelligence-high-school-education)

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# 01

# Introduction

The management of Emotional Intelligence is especially important in adolescence, since hormonal changes or new friendships can have a direct impact on the drastic modification of the way young people relate to others and manage their feelings. In order to avoid the adoption of incorrect behaviors or to modify those already acquired, psychologists must be highly skilled in the emotional management characteristic of this stage. In this context, TECH has designed this program, through which the students will master the methods of detection of emotional imbalances and intervention to develop EI, through a 100% online methodology and without having to travel to a study center





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*This Postgraduate Diploma will provide you with the most avant-garde methods to diagnose and treat emotional disorders produced in adolescence”*

Adolescence is a stage in which a large number of changes occur in young people related to their personality or the way they relate to their peers, friends, teachers and family. Incorrect management of emotions at this stage of their lives can have negative repercussions on their personal development in adulthood, affecting their interpersonal relationships or the achievement of professional goals. For this reason, young people with an inability to control and manage their feelings in an optimal way require the attention of psychologists responsible for providing them with the necessary tools to enhance their Emotional Intelligence

For this reason, TECH has created this Postgraduate Diploma, by means of which the student will be able to respond to this existing demand in the Psychology sector thanks to the knowledge acquired in the evaluation and intervention of EI management in adolescents between 12 and 16 years old. Throughout this academic pathway, students will use the tools at their disposal to modify emotional behavior or will adopt the necessary skills to coordinate their functions with those of professionals in educational institutions and ensure the well-being of the young person. Likewise, they will learn how to involve the family in the EI development process

Since this program is developed through a 100% online teaching modality, the students will be able to combine their excellent learning with their own personal and professional life in a solvent way. You will also have access to didactic contents available in different textual and interactive supports, so that you can adapt your learning to your particular study tastes

This **Postgraduate Diploma in Emotional Intelligence in High School Education** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of case studies presented by experts in Child and Adolescent Psychology
- ♦ The graphic, schematic, and practical contents with which they are created, provide practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*Manage, through this program, the tools available to modify the negative emotional behavior of the adolescent patient"*

“

*All the advances in psychological intervention in the field of Emotional Intelligence in High School Education are compiled in this Postgraduate Diploma"*

The program's teaching staff includes professionals from the sector who contribute their work experience to this program, as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*In only 600 hours, you will acquire psychological competencies that will position you as a professional of reference in your sector.*

*Enjoy a pleasant, individualized academic experience with didactic content available in the latest multimedia formats.*



# 02

# Objectives

TECH has designed this Postgraduate Diploma with the main objective of providing psychologists with the most useful knowledge in their professional life regarding the management of Emotional Intelligence in adolescents between 12 and 16 years of age. Therefore, you will learn to design plans oriented to their evaluation and subsequent development, acquiring competencies that will place you as a reference in your sector, through the monitoring of general and specific objectives.







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*Significantly boost your knowledge in the development of Emotional Intelligence to expand your job prospects in the world of Psychology”*



## General Objectives

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- ♦ Update the knowledge on Emotional Intelligence in its different fields of application, from the clinical, educational or labor area, in order to increase the quality of the professionals' praxis in their performance
- ♦ Introduce students to the vast world of emotional intelligence , from a practical perspective, so that they learn about the different disciplines covered by emotions in relation to human behavior and its possibilities
- ♦ Know the tools used in the practice of Emotional Intelligence
- ♦ Enable the development of skills and abilities by encouraging continuous preparation and research





## Specific Objectives

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### Module 1. The Emotional Brain

- ♦ Analyze the amygdala and positive emotion
- ♦ Exploring the limbic brain
- ♦ Discover what The Papez Circuit is
- ♦ Discover the relationship between intelligence and the life cycle
- ♦ Unravel the information on inherited intelligence
- ♦ Classify the direct assessment of intelligence
- ♦ Determine what the indirect assessment of intelligence is
- ♦ Identify the Flynn Effect
- ♦ Understand the relationship between the central nervous system and Emotional Intelligence
- ♦ Understand the relationship between childhood and gender in emotional intelligence
- ♦ Know Gardner's proposals
- ♦ Know the Mayer and Salovey model

### Module 2. Emotional Intelligence

- ♦ Analyze academic intelligence
- ♦ Define emotional intelligence
- ♦ Understand multiple intelligences
- ♦ Define emotional illiteracy
- ♦ Classify high abilities
- ♦ Explore giftedness
- ♦ Understand people with functional diversity
- ♦ Determine the role of Intelligence Labeling

### Module 3. Emotional Intelligence in Middle School and High School 12-16 Years Old

- ♦ Understand the function of the amygdala and negative emotion
- ♦ Recognize the intensity of emotion
- ♦ Determine the affective value of emotion

### Module 4. Emotional Intelligence in High School Teachers

- ♦ Clarify the meaning of *Border Line* personality
- ♦ Recognize the role of emotional intelligence
- ♦ Recognize the different types of social skills techniques
- ♦ Classify the types of cognitive restructuring techniques



*Take advantage of this opportunity and take the step to get up to date on the latest advances in Emotional Intelligence intervention with adolescents"*

# 03

## Course Management

With TECH's idea in mind to offer the best educational level in each of its programs, this program is directed and taught by excellent professionals in the field of Psychology, who have developed valuable skills in Emotional Intelligence, as a result of their work experience with adolescents and children. Likewise, the didactic resources that the students will have at their disposal during the duration of this Postgraduate Diploma are made by these specialists. Therefore, the contents provided to the students will be fully applicable in the work environment.





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*Acquire a high level of knowledge in the development of EI for adolescents from the best professionals in Psychology”*

## Guest Director



### Dr. De la Serna, Juan Moisés

- ♦ Psychologist and Writer expert in Neurosciences
- ♦ Writer specializing in Psychology and Neurosciences
- ♦ Author of the Open Chair in Psychology and Neurosciences
- ♦ Scientific disseminator
- ♦ PhD in Psychology
- ♦ Degree in Psychology. University of Seville
- ♦ Professional Master's Degree in Neurosciences and Behavioral Biology Pablo de Olavide University, Seville
- ♦ Postgraduate Diploma in Teaching Methodology. La Salle University
- ♦ University Specialist in Clinical Hypnosis, Hypnotherapy. National University of Distance Education - UNED.
- ♦ Postgraduate Certificate in Social Graduate, Human Resources Management, Personnel Administration. University of Seville
- ♦ Postgraduate Diploma in Project Management, Administration and Business Management. Federation of Services U.G.T
- ♦ Trainer of Trainers. Official College of Psychologists of Andalusia

## Management



### **Ms. Jiménez Romero, Yolanda**

- ♦ Pedagogical advisor and External Educational Collaborator
- ♦ Academic Coordinator Online University in Campus
- ♦ Territorial Director of the Extremeño-Castilla La Mancha Institute of High Abilities
- ♦ Creation of INTEF Educational Content at the Ministry of Education and Science
- ♦ Degree in Primary Education, English specialization
- ♦ Psychopedagogue from the International University of Valencia.
- ♦ Professional Master's Degree in Neuropsychology of High Abilities
- ♦ *Professional Master's Degree in Emotional Intelligence Specialist in NLP Practitioner*

## Professors

### Ms. Pellicer Royo, Irene

- ♦ Postgraduate Diploma in Emotional Education at the Jesuitas-Caspe School, Barcelona
- ♦ Professional Master's Degree in Medical Sciences Applied to Physical Activity and Sport by the University of Barcelona
- ♦ Professional Master's Degree in Emotional Education and Well-being from the University of Barcelona
- ♦ Degree in Physical Activity and Sport Sciences at the University of Lérida

### Ms. Martínez Zarza, Ana María

- ♦ Director of the Center for Personal Growth, Ana Zarza
- ♦ Collaborating teacher at the Intelligence Center. Madrid
- ♦ Director of workshops for parents on Emotional Intelligence and Coaching
- ♦ Degree in Psychopedagogy from UNED
- ♦ Postgraduate Diploma in Emotional Intelligence at the UNIR
- ♦ Specialist in Transpersonal Therapy by the European University Miguel de Cervantes
- ♦ Advanced Course in Coaching by the University Rey Juan Carlos

### Mr. Salido Durán, Daniel

- ♦ Transpersonal Therapist
- ♦ Postgraduate Diploma in Emotional Intelligence
- ♦ Professional Master's Degree in Educational Coaching
- ♦ Degree in Philosophy and Educational Sciences from the University of Seville







**Mr. Monllor Pérez, Francisco**

- ♦ Integrative Therapist and Family Educator
- ♦ Coordinator at La Escuela de la Vida Family Care and Training Center
- ♦ Certified Mentor of the e-FP Project in Vocational Training
- ♦ Professional Master's Degree in Clinical Psychology from Maimonides University. Buenos Aires
- ♦ Higher Postgraduate Diploma in Emotional Intelligence, Mindfulness and Positive Psychology
- ♦ Postgraduate Certificate in Osteopathy
- ♦ Associate of the Argentinean Society of Stress Medicine

**Ms. Rodríguez Ruiz, Celia**

- ♦ Clinical Psychologist at EVEL Center
- ♦ Psychopedagogical Area Manager at Atenea Study Center.
- ♦ Pedagogical Advisor at Cuadernos Rubio
- ♦ Editor of Hacer Familia Magazine
- ♦ Editor of Webconsultas Healthcare Medical Team
- ♦ Collaborator at the Eduardo Punset Foundation
- ♦ Degree in Psychology, UNED
- ♦ Degree in Pedagogies from the Complutense University Madrid
- ♦ University Specialist in Cognitive Behavioral Therapy in Childhood and Adolescence by the UNED
- ♦ Specialist in Clinical Psychology and Child Psychotherapy by INUPSI
- ♦ Trained in Emotional Intelligence, Neuropsychology, Dyslexia, ADHD, Positive Emotions and Communication.

# 04

## Structure and Content

The syllabus of this Postgraduate Diploma is composed of several modules with which students will significantly increase their knowledge and skills in the management of Emotional Intelligence for adolescents between 12 and 16 years of age. Likewise, the didactic materials that will be studied throughout this academic period are available in different formats such as explanatory videos, interactive summaries or complementary readings. This, together with a 100% online methodology, will favor a teaching completely adapted to the student's personal and academic needs.





*This syllabus is designed and created by the best psychologists who are experts in Emotional Intelligence in children and adolescents"*

### Module 1. The Emotional Brain

- 1.1. The Emotional Brain
- 1.2. Positive Emotions vs. Negative
- 1.3. Arousal vs. Valencia
- 1.4. Emotional Intelligence and the Education of Emotions according to the Mayer and Salovey Model
- 1.5. Other Models of Emotional Intelligence and Emotional Transformation
- 1.6. Social-Emotional Competencies and Creativity by Level of Intelligence
- 1.7. Emotional Coefficient vs. Intelligence
- 1.8. Alexithymia vs. Hyperemotiveness
- 1.9. Emotional Health
- 1.10. The Social Brain

### Module 2. Emotional Intelligence

- 2.1. Emotional Intelligence Concept
- 2.2. Emotional Intelligence Theories and Models
- 2.3. Components of Emotional Intelligence
- 2.4. Physiology of Emotional Intelligence
- 2.5. Evolution of Emotional Intelligence
- 2.6. Emotional Intelligence Assessment
- 2.7. Emotional Intelligence Gender Differences
- 2.8. The social influence of Emotional Intelligence
- 2.9. Family and Emotional Intelligence
- 2.10. Myths and Truths of Emotional Intelligence

### Module 3. Emotional Intelligence in Middle School and High School 12-16 Years Old

- 3.1. Characteristics of High School Education
- 3.2. Emotions in High School
- 3.3. The Role of Parents in High School
- 3.4. The Role of Others in High School
- 3.5. High School Development





- 3.6. Emotional Disturbances in High School
- 3.7. Diagnosis in High School
- 3.8. Emotional Intelligence Intervention Tools in High School
- 3.9. Intervention with Emotional Intelligence in High School
- 3.10. Evaluation of the Efficiency of Emotional Intelligence in High School

#### **Module 4. Emotional Intelligence in High School Teachers**

- 4.1. The Role of a High School Teacher
- 4.2. Functions and Limits of a High School Teacher
- 4.3. High School Teacher Detection and Diagnosis
- 4.4. Emotional Intelligence Tools of High School Teachers
- 4.5. Intervention in Emotional IE of High School Teachers
- 4.6. Effectiveness of Intervention in Emotional IE of High School Teachers
- 4.7. Middle School and High School Teacher Conflict with Colleagues
- 4.8. High School Teacher Conflict with Parents
- 4.9. Intervention of Emotional Intelligence in the Conflict of a High School Teacher
- 4.10. Intervention of Emotional Intelligence in the Work Environment of a High School Teacher.

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*Enjoy, in this program, a modern Relearning system that will enable you to achieve a first level learning at your own pace"*

05

# Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.



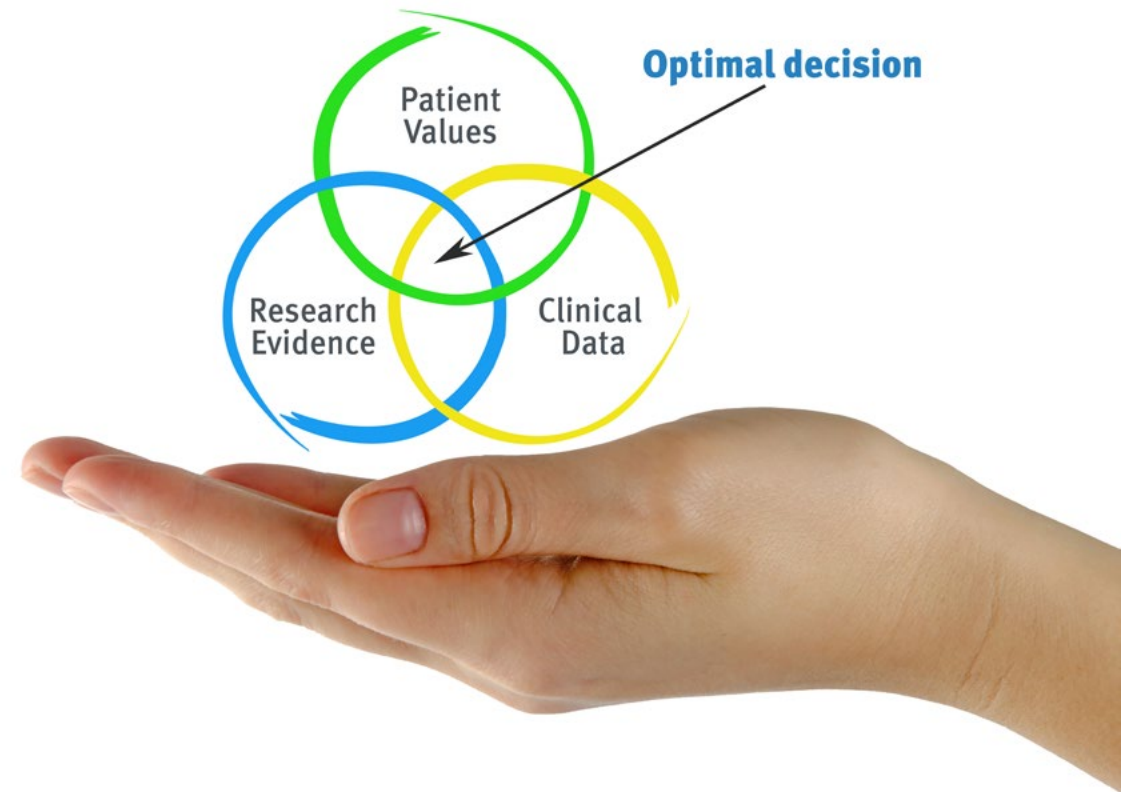
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

*With TECH the psychologist experiences a way of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the psychologist's professional practice.



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*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Psychologists who follow this method not only master the assimilation of concepts, but also develop their mental capacity by means of exercises to evaluate real situations and apply their knowledge.
2. Learning is solidly translated into practical skills that allow the psychologist to better integrate knowledge into clinical practice.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

Our university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.

*The psychologist will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

This methodology has trained more than 150,000 psychologists with unprecedented success in all clinical specialties. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

*Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by our learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



#### Latest Techniques and Procedures on Video

TECH introduces students to the latest techniques, to the latest educational advances, to the forefront of current psychology. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



#### Interactive Summaries

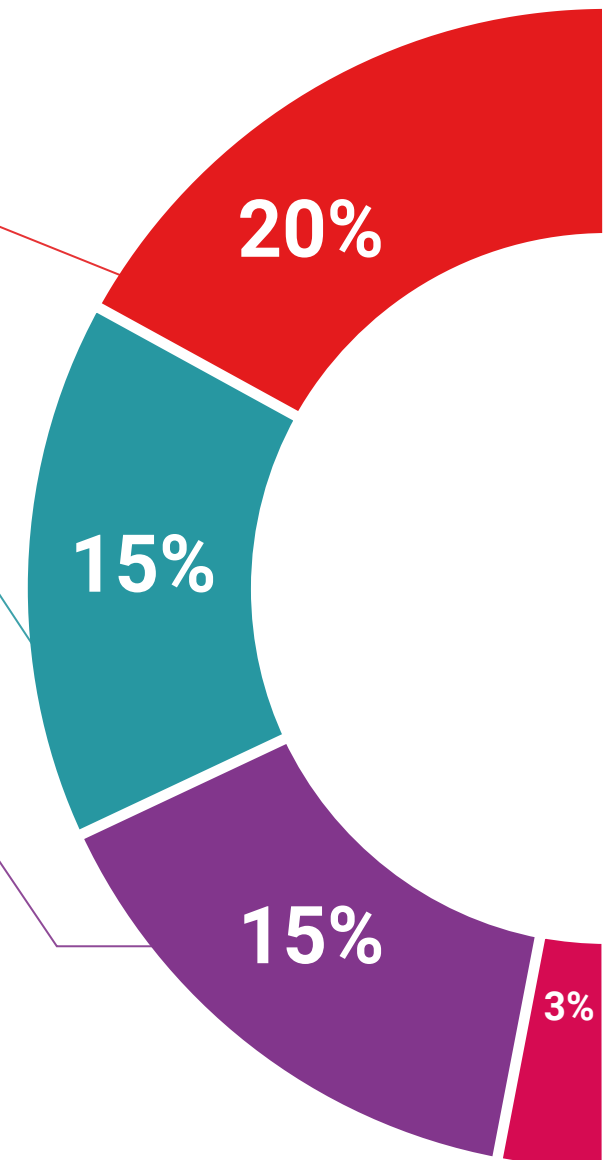
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

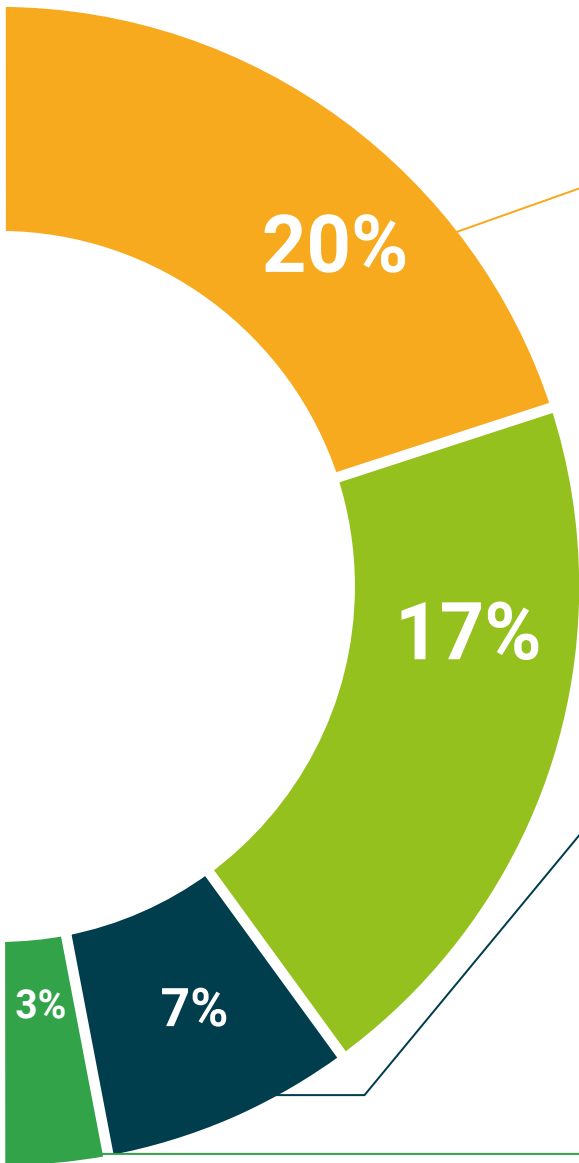
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





#### Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



#### Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



#### Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



06

# Certificate

The Postgraduate Diploma in Emotional Intelligence in High School Education guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.





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*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”*

This program will allow you to obtain your **Postgraduate Diploma in Emotional Intelligence in High School Education** endorsed by **TECH Global University**, the world's largest online university.

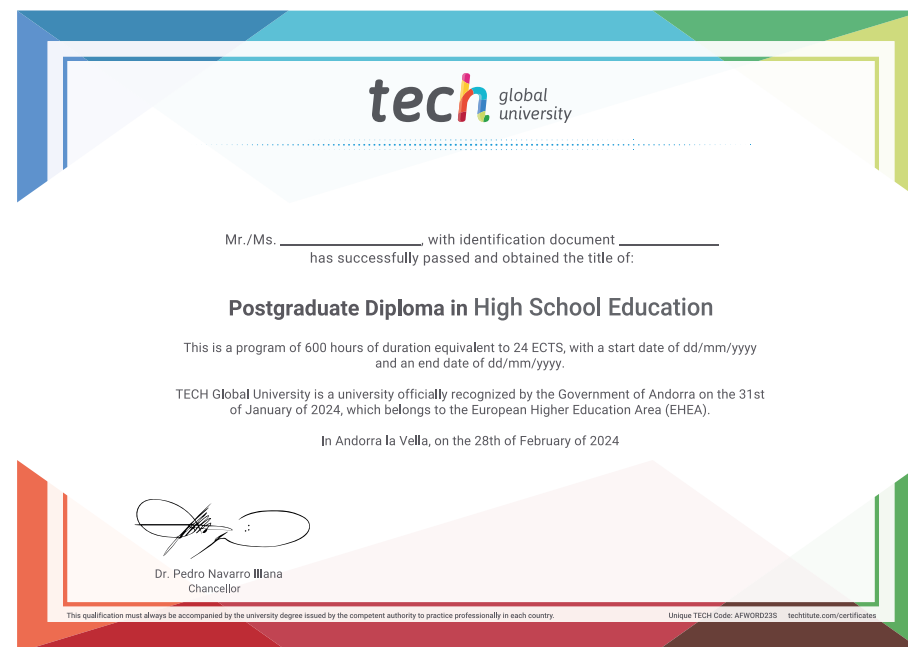
**TECH Global University** is an official European University publicly recognized by the Government of Andorra (**official bulletin**). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Emotional Intelligence in High School Education**

ECTS: **24**

Official N° of Hours: **600 h.**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.



future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
development language  
classroom



**Postgraduate Diploma**  
**Emotional Intelligence**  
**in High School Education**

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